5. I have a toothache. My tooth hurts.	e. Spend less time in front of screens.
6. I have a sore throat.	f. Stay at home and have a rest.
7. My eyes are sore and tired.	g. Wash your face regularly.

Your answer: .....

Exercise 8. Fill in each blank with the correct conjunction: *and, or, but, so.*

1. Get up early ..... do more exercise.
2. Eat less junk food ..... eat more fruit and vegetables.
3. The weather is very cold today ..... I should put on a coat.
4. Watch less television ..... you can protect your eyes.
5. If you spend less time on computer games ..... television programmes, you will have more time for outdoor activities.
6. I have a lot of homework to do this evening ..... I don't have time to watch the football match.
7. Take up a new hobby ..... you'll have some new friends.
8. He has toothache ..... he still eats a lot of sweets and cakes.
9. She's very hard-working ..... not very imaginative.
10. I was lost ..... I bought a street map.

Exercise 9. Put the verbs in brackets in the correct tense and form.

1. Nam looks brown. He was on holiday last week. He (get) ..... sunburn.
2. Getting plenty of rest is very good. It (help) ..... you to avoid depression.
3. The Japanese (eat) ..... a lot of fish so they are very intelligent.
4. If you wash your hands more, you (have) ..... less chance of catching flu.
5. Eating carrots regularly (help) ..... you see better.
6. It is very hot outside. Please (wear) ..... a sun hat when you go out.
7. Do more exercise and you (feel) ..... healthier.
8. I don't want (be) ..... tired tomorrow so I go to bed early.
9. Nowadays, I don't feel well. I often (feel) ..... sick and weak.
10. People who (smile) ..... more are happier and they live longer.

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Exercise 10. Fill in the blanks with *"and, so, but, or"*.

1. We stayed at home ..... watched a film.
2. I want to buy a new car, ... I don't have enough money.
3. She had a terrible headache last night, ... she couldn't go out.
4. I eat cakes, ... I never eat biscuits; I don't like them.
5. Would you like cakes ..... biscuits with your coffee?
6. My job is very interesting, ... it doesn't pay very well.
7. We can go by bus, ... we can walk.
8. My classmate studies very hard, ... she always gets good marks.
9. You had better hurry up, ... you'll be late for work.
10. The Japanese eat healthily, ... they have high life expectancy.

Exercise 11. Put the verbs in brackets in the correct form.

1. It (be) ..... 10.00. We (learn) ..... our lesson.
2. What ..... you (do) ..... now?
3. ..... your mother (walk) ..... to work every day?
4. They (not play) ..... soccer in the morning.
5. ..... Hai (work) ..... in the garden at the moment?
6. My brother (do) ..... his homework in his room now. He does it every day.
7. James and his brother (play) ..... soccer at the moment. They (play) ..... it every afternoon.
8. Where ..... the old man (live) ..... now?
9. Mr. Smith often (teach) ..... class 4A, but this morning he (teach) ..... class 4B.
10. It's 7.30 now. She (study) ..... Science in the classroom.
11. On Friday, I (have) ..... English.
12. At the moment, I (eat) ..... an orange and my sister (play) ..... tennis.
13. Now, he (look) ..... at his cat. It (eat) ..... a mouse in the garden.
14. Phong, An , Ha, and Lan (be) ..... close friends.
15. ..... (your mother/walk) ..... to market?

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Exercise 12. Choose the best option to complete the sentence.

1. We should play sports or do exercise in order to stay in ..... .
   A. look B. shape C. fit D. health
2. Don't eat that type of fish: you may have a/an ..... .
   A. sick B. sore C. energy D. allergy
3. Do you believe that eating ..... carrots helps you see at night?
   A. much more B. less C. most D. the most
4. We should try to keep everything around US clean and then flu will find it ..... to spread.
   A. difficult B. difficulty C. difficultly D. difficulties
5. Be careful with ..... you eat and drink.
   A. what B. that C. who D. this
6. Eating a lot of junk food may lead to your ..... .
   A. obesity B. fitness C. pain D. stomachache
7. We should follow the advice from doctors and health ..... in order to keep fit.
   A. people B. workers C. managers D. experts
8. Have a healthy ..... and you can enjoy your life.
   A. lives B. lifestyle C. lifeline D. lively
9. The health ..... from that diet expert is that you should eat less junk food and count your calories if you are becoming fat.
   A. tip B. tips C. advices D. ideas
10. The seafood I ate this morning makes me feel ..... all over.
    A. running B. well C. itchy D. weak
11. You can avoid some diseases by ..... yourself clean.
    A. keeping B. taking C. looking D. bringing
12. The Japanese eat a lot of fish instead of meat ..... they stay more healthy.
    A. but B. because C. although D. so
13. Rob eats a lot of fast food and he ..... on a lot of weight.
    A. takes B. puts C. spends D. brings

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14. We need to spend less time ..... computer games.

A. play B. to play C. playing D. to playing

15. Do more exercise ..... eat more fruit and vegetables.

A. but B. or C. and D. so

Exercise 13. Read the conservation and answer the questions.

Thang: What time do you usually come home from school?

Tony: I usually come home at 11.30.

Thang: When do you often have lunch?

Tony: I often have lunch at 12 o'clock.

Thang: What do you usually have for lunch?

Tony: I often have fish and eggs.

Thang: What do you do after dinner?

Tony: I sometimes go to the cinema, but I usually stay at home, watch TV and do my homework.

Thang: Do you often watch TV?

Tony: Yes, I do. I like watching sports very much.

Thang: When do you go to bed?

Tony: I always go to bed at 9.30. I never stay up late.

1. What time does Tony usually come home from school?

.....

2. When does he often have lunch?

.....

3. What does he usually have for lunch?

.....

4. What does he often do after dinner?

.....

5. What TV programme does he like watching?

.....

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